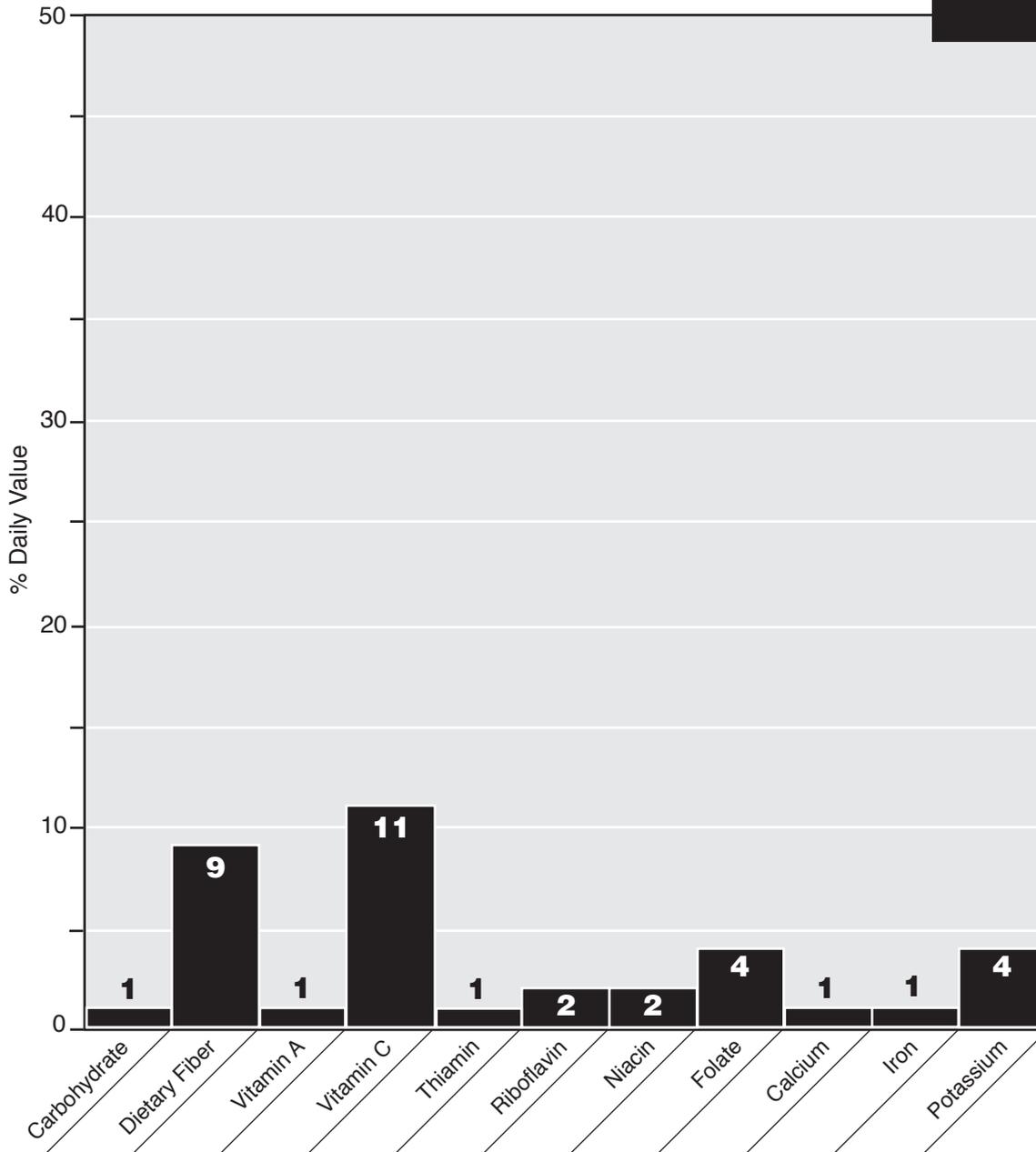


# Chayote

Cucurbitaceae *Sechium edule*

(analysis based on *unpeeled, boiled, drained* chayote)



## Serving Size

- 1/2 Cup Chopped
- 80 Grams
- 19 Calories
  - 17% from fat
  - 6% from protein
  - 76% from carbohydrate
- 1 Gram Protein
- 4 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.4 Gram Fat
- 75 Grams Water
- 1 Milligram Sodium

